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Stentor

Student Publications

Fall 9-30-2015

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Stentor

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Magna est veritas et praevallebit

September 29, 2015

Student Government: elected or automatic wins?

The student-run senate has been struggling to fill elected student representative positions for the past few academic years.

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Student Government election results were announced in mid-September, and to the surprise of some students, there were five vacant slots, meaning that there were not enough students interested in running to become an elected representative on behalf of their classmates and community.

For the past few years, Student Government has suffered from this same issue in which the organization has had to find other ways to fill up positions in their senate, such as sending out student announcement e-mails and asking if students would submit a letter of interest to become a member of their club, as opposed to being elected.

An interesting problem that the club faces is the fact that, often times, there is only one student

running for an elected position. For example, Moore Hall, the largest dormitory on campus with over 200 residents, only had one student running for the senator position this year.

Because of the possibility of open positions becoming available without having to be elected, some students have talked about not considering actually running, and instead, waiting to receive the student announcement e-mail asking if any students are interested in those vacant positions. This would take the pressure off of having to campaign by posting signs around campus as well as not needing to collect a certain amount of signatures in order to run for a position (class senators need at least 50 signatures from fellow students in their class to be



Student Government's new meeting spot is in the Skybox.
The organization meets every Thursday night at 7:30 p.m.

eligible to run, and hall senators need at least 25 signatures).

"I'm really surprised that there are so few interested in running for Student Government, which I think is a fairly traditional kind of club on campus," said a sophomore

communications major.

Hsu Yamin San '17 questioned how many students actually exercise their right to vote. Along

Continued on page 3

McClure Hall's lounge gets a makeover

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This summer, McClure residence hall's lounge was renovated to include air conditioning and a brand new kitchen. Students have viewed this as a great investment by the College, as the triplet buildings—McClure, Roberts, and Gregory—are older and known to be a little less homey.

"I feel like a future upgrade in the Roberts Hall Lounge—like the one in the McClure Lounge—will help foster community and more bonding between the residents as it will allow them to have a better common area where they can come together and spend time on many different

occasions," Mustafa Rahman '17 said.

The renovations to McClure provide residents with a more comfortable area to socialize, study, and even get an alternative to caf food, since students now have a place to cook meals in their residence hall.

The Office of Residence Life plans to make similar renovations in Roberts and Gregory, also located on South Campus.

Residence Life has been looking for ways to make the McClure Lounge a place where residents could interact more readily and develop a greater sense of community.

The renovation makes the lounge a better place for events hosted by the Office of Residence Life, as well as

by other clubs and organizations.

During hot weather, with the lack of air conditioning in the rooms in those buildings, residents will now have a common area where they can cool off.

Students living in McClure, Roberts, and Gregory often look for alternative study spots, especially since the library, Skybox, and many other popular places to study are located on Middle Campus, which isn't always convenient from South Campus at night and in bad weather.

The addition of the full kitchen, including a stove top, will give students more meal choices, especially those who purchased the five-meal plan introduced this year by Aramark.

"On Saturday nights for dinner I have very few choices due to the cafeteria being closed. Now, with the addition of the kitchen, I have the freedom to prepare any meal of my choice," James Escobedo '18 said.

To maintain the kitchen in good condition, compliance from residents is always needed, which includes washing dishes, cleaning up, using the kitchen equipment properly, and avoiding any potential hazards.

As always, the Office of Residence Life is happy to hear students' feedback.

Students can contact their resident assistant, resident director, and other Residence Life staff members

Continued on page 2

Public Safety moves to South Campus

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The Public Safety Center, which houses Lake Forest College's security department, has recently moved from Middle Campus to South Campus, opening up several new benefits.

"[We are] providing a continuous and visible campus-wide presence to deter crime and maintain a safe environment," Director of Public Safety Richard Cohen said.

One major benefit the Public Safety Center now has is an emergency generator. The Center's technological equipment will be fully functional in the event of a power loss on campus.

In addition, the new location offers handicap accessibility. In its previous location on Middle Campus, the Public Safety Center was accessed only by climbing a couple of flights of stairs.

The new building has ground-floor access.

In the event of an emergency, public safety officers are now able to stay on campus.

"We can now effectively operate and accommodate members of the Crisis Management Team for extended periods of time, should the need arise," Cohen said.

Turning a residential space into a fully functioning, emergency facility was a combined effort.

"Facilities Management, with support from LIT and Aramark, did a superb job," Cohen said.

Because Public Safety never closes, the dispatch/communications functions had to transition smoothly.

All calls for service or assistance had to be answered throughout the transition.

"To accomplish this, on the 'cut-over' day, we were operating two dispatch locations until the new one was completely operational,"

Cohen said.

"I called Public Safety during this transition near the end of the summer and the officer answered my call immediately," a third-year student said. "She was very positive and helpful."

The Public Safety Center transition had to be completed over the summer, and it was successfully accomplished.

The only inconvenience with the Center being located on South Campus is for students who need to get a temporary ID to eat in the caf, or sign out a key.

However, the vast majority of students carry their ID anyway. As for the key sign-out problem, Public



Photo by Medora Sweet '17

Safety is working with the Art Department to find alternatives to resolve the hindrance.

All in all, Public Safety spends most of their time out in the field to make sure that the students of Lake Forest College have a safe environment to live in.

"I believe we currently have an outstanding security program in place," Cohen said.

Lastly, Cohen said he wanted to, "I want to publicly thank my Public Safety staff for enduring some pretty difficult conditions through this process. To [also] thank President Schutt and his senior staff for their approval of the renovation project, and to Facilities Management, LIT, and Aramark for all their hard work that created the new Public Safety Center."

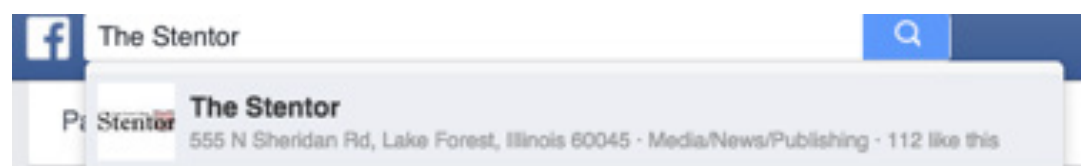
Thoughts for the family of President Schutt

Everyone on the Stentor staff would like to send our condolences for the loss of William Grennon Schutt. The late son of President Schutt and Lori Schutt, William had received his master's degree in journalism at Northwestern University and was planning to pursue a career in journalism this fall.

As Dean Flot stated in his recent student announcement concerning the matter, "expressions of sympathy can be emailed to Steve or mailed," using the address: 100 N. Sheridan Road Lake Forest, IL 60045. Those of us on the Stentor staff express our deepest sympathies to all family and friends of William Schutt.



Search for "The Stentor"



McClure's Renovation

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with questions or feedback regarding Residence Life.

Very recently, a Residence Life Q&A event was hosted in Lois Hall in which residents were able to come by, provide valuable feedback, and get their questions pertaining to Residence Life answered.

The resident assistants are hoping to host more events like this throughout

the year to help the residents.

There are and will be other similar opportunities, such as open forum and town hall meetings, where residents are always able to voice their concerns.

Photo by Medora Sweet '17



Student Government

Continued from page 1

with that question, she thinks, “if less than 50 percent of students are voting, maybe [Student Government] should reconsider” allowing that student to hold that elected position, as less than half of those they will be representing actually elected him or her.

According to the American Student Government Association, over 77 percent of colleges and universities offer some sort of compensation to their student officers. The Association’s Student Government Salary Survey noted that over 54 percent of private colleges offer compensation as a way to attract more student interest in the organization and ensure that responsibilities are prioritized. Colleges and universities have offered salaries, tuition waivers, scholarships, class credit, reserved parking spots, and more to their student officers.

At Lake Forest College, there are two types of student senators: those who represent their entire class, and those who represent their residence hall. There are four senator positions open for a class and one position open per dormitory.

For the classes of 2016 and 2017, only three students ran for the four empty spots, meaning that students

voting had no choice of candidates.

Even the club’s executive board suffers from low participation. For the election last year, some positions only had one student running. One student running means that student automatically wins the spot.

Student Government does promote available positions quite heavily to the student body, to ensure that all students are aware of these opportunities. They send out a student announcement e-mail, detailing the responsibilities and qualifications for the position and also host an informational session for those interested.

On September 24, the organization announced via a student e-mail blast that they decided to change their traditional meeting spot from Meyer Auditorium in Hotchkiss Hall to the Skybox in the Mohr Student Center “in an effort to be more readily accessible to the student population.”

Aldo Guzman, advisor of Student Government, and Devin Tyler, student President of Student Government did not respond to inquiries regarding whether or not they believe lack of student participation is an issue.



The Stentor would like to thank alumni John TerMaat for sponsoring this issue of the college’s student-run newspaper.

John TerMaat was a writer, editor, and copy chief for the Stentor. He is a 2009 graduate and earned a Bachelor of Arts in Computer Science from Lake Forest College.

His generosity inspires the Stentor staff to create the best possible work for their fellow Foresters to enjoy, critique, and look forward to future issues.

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Lake Forest College *Stentor*

How Forester are you?

10 ways to know if you fit into Forester culture

LUZ RODRIGUEZ '18

STAFF WRITER

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Being part of the Forester community could be really exciting, challenging, and maybe wacky. If you belong to this tight-knit network of college students trying to succeed in senior year, you might have done a couple of these things. Check the following list and discover how much you fit into the pop culture at Lake Forest College.

1 You have experienced the deliciousness of Ruben's omelets.

Yes. They are a completely new experience! You would wake up earlier than usual, just to stand in the line for one of his delicious omelets. He will prepare it the way you like it and would greet you with a smile. Best way to start your day, right?

2 You have joined the squirrel dialogue.

Admit it. You can't avoid staring at the small and cute squirrels as they pass by you on the way to class. Don't worry, yaking about them is pretty irresistible, too.

3 Forester Net.

Wait, is my wifi not switched on? Oh, it's Forester Net. At least once you have been mad at Forester Net, because interrupted Netflix doesn't really mean Netflix and chill.

4 You shorten the names of almost every place on campus.

That's right. The lib, the caf, pub safe, and the P.O.D. They all have short names you use frequently. Did you know P.O.D. stands for Provisions On Demand? Mind-blowing!

5 Boomer The Bear.

You have taken at least one selfie with Boomer The Bear and wondered who the mysterious person inside the fluffy suit is.

6 You've had drinks from the lib café.

Whether it's staying up late and craving something sweet or waking up early and drinking some coffee, you've tried at least one drink from Java City. Is it pumpkin spice latte time yet?

7 You probably need a flex

daddy or a flex mama.

Late night cravings have kicked in, so you head over to the P.O.D. knowing that it closes at 2:00 a.m., you buy two things and realize that you have only \$10 left!

8 Toilet paper.

You have complained, even mentally, about how expensive tuition is and how terrible the quality of the toilet paper is.

9 Chicken nuggets.

Wait, what? Is today nuggets day? You have experienced the excitement over chicken nuggets in the caf.

10 Aramark.

You most probably have com-

plained, at least once this week, about the quality of the food. Yet, you will still eat it. There are ways to eat a decent meal in the caf and P.O.D. Trust me. It's all about finding the right combination.



Photo from Lake Forest College Daily Click, August 20, 2015. First Connection students participated in a scavenger hunt, hosted by the First Presbyterian Church of Lake Forest.

New professors join Faculty Department at Lake Forest College

BRANDYN AUSICH '16

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Lake Forest College is welcoming several new professors to the faculty for this academic year, 2015-2016.

Different departments at the college are already benefiting from the wide variety of courses offered this year. Some of them go from programming language in the computer science department; pass through women, art, and society in the art history department; and ultimately reach classes such as environmental policy in the environmental studies department.

While the courses that are offered

on campus have increased in their variety, what really brings a new spice to the academic environment at the College are the new members of faculty.

In this issue, we are happy to feature Jason Geistweidt, a lecturer in the art department, who has a background in music, computer science, technology, and art, among others. Having gone to a liberal arts institution himself, Geistweidt offers insight on his current perspective about Lake Forest College.

After lecturing and working in big colleges across the country, Geistweidt is excited to become part of such a "close community," he said.

"Lake Forest College," he said, "is

impressive in the way students have different perspectives and ways of approaching a study area."

The fact that a liberal arts education can provide a greater scope on the possibilities of learning, such a small and tight-knit community, and the welcoming atmosphere are definitely the elements Geistweidt is really excited to see here on campus.

Moving from Texas all the way to Chicago in the last years, Geistweidt has experience in art, computer science, digital design, music, and technology, as he has collaborated with different schools, even internationally. Norway, Ireland, and Spain are a few examples.

"There is something good in the

fact of not knowing," because it pushes you to pursue diverse approaches to solve a problem, he said. This is something that you don't see in a state school, a specialized art school, or a technical school either, he said.

The Forester community is really excited to have such a good member of its faculty here at Lake Forest College.

If you want to know more about the Faculty Department, go to the College website, visit the office in North Hall: Middle Campus Room 209, or contact the office by phone at 847-735-5020, Monday to Friday from 8:30 a.m. to 5:00 p.m.

New: Lake Forest Longboarding Club



ake Tracy '18 has started an unofficial longboarding club at the College. The club is open to anyone interested in longboarding and is a way to meet other longboarders on campus.

The club meets in front of Roberts Hall on Sunday nights, as Tracy believes that there are far less cars on the road on Sunday nights than any other nights. A typical Sunday night consists of scouting out hills, bombing said hills, and exploring the Lake Forest area.

"Mingling with all the other longboarders" is sophomore Zach Augustyn's favorite part of the Longboarding Club. "You do not even need a longboard to join," he said. "Heck, I

don't even use a longboard. You just need something with wheels on it and isn't fueled with gas."

While the club meets Sunday nights, students can also find other times to skate with each other. Search for the "Lake Forest Longboarding Club" on Facebook and join the group. Anyone can post times they are skating so that others can join them.

This club does not receive Student Government funds.

Homecoming about 100 years ago

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After marching in formation, each man takes his place and stands at attention until one of the top sergeants gives the command “seat” at Calvin Durand Commons, what today we know as the Wood Lounge.

Homecoming, as you know it, is nothing like it used to be back in the day. The first record of Homecoming in Lake Forest College goes as far back as 103 years ago. In 1912, several alumni managed to gather for the first time given the economic and political situation in the country.

A crackerjack of a football match inaugurated a tradition, which the 1912 generation had no idea would become one of the most expected weekends by future generations of Foresters in the years to come.

They had created a series of activities that would make Lake Forest thrill with emotions of joy and delight while dressed in black and red. With old-fashioned cars, the fathers of Homecoming gave birth to the traditional float parade that proceeds down Sheridan Road.

In this time period, male students were required by the government to take the Army Military Training Program. This would drastically in-

terrupt their academic careers and would gravely affect Lake Forest’s community, given that Lake Forest College was still an all-male school. However, those students who stayed got to hear from, on the first weekend of November, 1912, alumni from generations as old as 1892.

One of them, Mr. Jones ’92 (that’s 1892), gave a speech proclaiming that Lake Forest could be as prestigious as Princeton University. He believed that Lake Forest College, being 30 miles away from Chicago, would have as much fame as Princeton University, which is 30 miles away from New York. In his speech, Mr. Jones encouraged other alumni to give back to the college and make Lake Forest the “Princeton of the West.” Other alumni from the same generation, such as Mr. Schwartz ’92, expressed his satisfaction with the current state of the College, saying that “he was glad that those who wished to make a woman’s college out of Lake Forest had failed.”

Soon after finishing the traditional dinner, the entire student body, composed of 292 students,

moved to Lois Hall to party.

Sure, Homecoming is not what it used to be. For this year, Lake Forest College is expecting to receive alumni from generations as long ago as 1965 on the weekend of October 8th to 10th. With the traditional Forester Fan Fest, which includes a beer garden, a food tent, live music by Modern Day Romeos, games, face painting, and so on, in addition to the parade, Homecoming Royalty, and the Oppenheimer Lecture featuring

social psychologist Sherry Turkle, Lake Forest’s excitement is notable across campus.

This Homecoming’s spotlight is alumnus Harvey D. Cain ’52, who is cycling from nearly 3,000 miles away to raise money for scholarships for future Foresters.

More information about the schedule of the activities can be found on the College’s website or at the Office of Alumni and Parents Relations at 1-800-LFC-ALUM or alumni@lakeforest.edu.



First LFC homecoming float prepared for the 1935 parade.

Internet hacks every Forester should know about

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When dealing with college, there are few tricks that we use to make our life a little easier. Call it having an agenda, programming reminders for events on campus, or creating a Google Calendar, you name it. The tricks are various, yet there are two internet hacks that you should know about. Who knows? Maybe they’ll make your life easier through college. Give them a look.

The Morning Brew and The Skimm
These are two email-based sub-

scription services that do somewhat of the same thing. A weekly email with summarized global news is very convenient for millennials. As you know, millennials like us don’t like to read lengthy articles about things that could have been summed up in a paragraph or two.

The Skimm and Morning Brew differ slightly in what they report on and their overall quality. The Skimm is more focused on global news and some pop culture mixed in. It has links to everything you might not be completely up-to-date on. It has business definitions and it includes follow-up options on certain stories. The Skimm offers more options for you

to share your story through a platform specially designed for social networking. Since they are a relatively new service, the platform allows col-

lege students to taste the waters of their knowledge and dip into stories more easily that sources like BBC or CNN could offer. You can find it online at www.theskimm.com, just introduce your email, and that’s it. However, if pop culture or informal tone is not your cup of tea, Morning Brew is an excellent source to find more business-oriented news stories. It provides a daily follow-up on the stock market while offering explanations about the ups and downs. It also offers diverse in-depth analysis on particular companies and updates on their whereabouts.

If you are a business, economics, finance major, or are simply interested in the money movement, you can click the option of “interview,” which will test you on the definition of certain concepts or follow-up of certain companies. It also have cool and interesting facts about some companies. Did you know that Volkswagen owns Bentley, Bugatti, Lamborghini, Audi, Ducati, and Porsche?

Clay Dreier ‘18, an avid Morning Brew reader, said: “I always like to wake up to my Morning Brew.”

Khan Academy
Have you ever felt like you don’t

understand everything in class or you cannot understand your professor when he or she talks about certain subjects? Khan Academy can help you out a lot in this!

Khan Academy is a non-profit organization that believes anyone should be able to learn, anytime. It is a website-based company that has lessons on everything from basic elementary math to college-level web programming. It uses different technologies, which includes video lessons and interactive content, to take you through lessons and test you in order to find out where the gaps in your learning might be.

It has practice problems and different tests. If English is not your first language, that’s not a problem; many lessons are being translated as you read this. You can find out more at their official website www.khanacademy.org.

“When I click on the video and the screen lights up after buffering, I am filled with a warm sense of joy at seeing people like me helping me understand topics that I struggle with. When I see their Khan faces light up, it lights up this Khan face,” Adam Khan ’18 said when asked about his favorite part of the learning site.



Students struggling with internet options.

The Lake Forest College
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LETTERS TO THE EDITOR

The *Stentor* editorial board welcomes letters to the editor and guest articles. The newspaper does not necessarily agree with or endorse the opinions presented in the letters. Letters will be published provided they are limited to 500 words and contain the author's name and signature or electronic signature. Guest articles should be limited to 300 words. Names will sometimes be withheld from publication with good cause. The staff reserves the right to withhold a submission or return it for more complete information, especially if it contains libel, obscenity, material disruption of the school or invasion of privacy. Letters will be edited for spelling and grammar and checked for verification. The deadline for submission will be one week before the publication date. Please submit letters to editor@lakeforest.edu.



College relationships

Are they worth our time?

LUZ RODRIGUEZ '18
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As a Mexican young woman, I am often asked whether or not I have a boyfriend. To give you a little background on my culture, although it has evolved, women are still expected to be married in their early twenties and, being nineteen, the pressure to be in a relationship is on. I have had many conversations on this topic with friends and family. As Bushra Shams '17 says, "Us ambitious [students], we are very possessive of our time, we don't want to share it with anybody." With classes, meetings,

work, and more, time is so limited in college! So is there really time to be in a relationship at this point in our lives? The answer: Yes and no. When asked this question, Estefania Ornelas '16 said, "Yes, college relationships are worth it because we all need somebody to rant to." Life as a college student can be stressful, and what better person to listen and understand than another college student who enjoys your company? As a self-identified ambivert, I must say that human interaction is necessary in daily life...to some extent. If a significant other can be a source of support, then he or she is positively shaping your life. But what if the significant

other is not on campus with us? Is it still worth our time? According to Christopher Moreno '19, "Yes, because then [we] have someone to come home to." There is always a sense of security and comfort in knowing that we have someone who can make themselves available for us when we need him or her. Although I do agree with many of the reasons why being in a relationship is worth our time, I also disagree. Yes, having someone who can be a constant support and someone to go out with is always fun. However, we have goals to fulfill, and sometimes a relationship can get in the way of those goals. At this point in our lives, when life seems to be nothing but a huge question mark, we are attempting to figure out

how we want to move forward into the world. Maybe running into someone who can be there for you is a positive thing to experience. But as soon as he or she becomes a burden, a relationship becomes a waste of our time. Having a million things to worry about and then adding one more (that being a boyfriend or girlfriend) can make us completely lose focus on our goals. Now, I'm not saying that we should all be single and watch Netflix while we cry and eat Cherry Garcia ice cream...nobody wants that! All I am saying is that life is changing and people change every day. It is up to you to decide who is worth spending your time with—and on. With that being said, give time to those who give you time, and enjoy the people around you!

Commuting vs. dorming

BRANDYN AUSICH '16
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The argument for and against living on campus versus commuting rages on. Many argue that students will not get the true college experience if they live off-campus. However, others say that where you live does not make a difference. "I just think you'd miss out on a lot of stuff if you live off campus," claims Olivia Zyszcynski '17. "I've lived on campus for the past three years, and I think that [shoddy] dorms make the college experience more authentic." The standard residence hall consists of countless dorm rooms ranging from singles to quads, oftentimes not so private or clean bathrooms, a common room, and dingy laundry rooms in the basement with the questionable scent of mold. Residence halls are seen as large communities within colleges. They help to establish and foster friendships, and prepare students for the real world. Residence hall life also teaches personal responsibility, as well as

the ability to get along with others. "Since you see the people in your residence hall every day, if there is someone you don't like you just learn to deal with it," continues Zyszcynski. Many students come to college having never done a load of laundry in their life, others have never had to live off of microwaved Ramen for days at a time. "I've lived on campus for three years and commut[ed] for one, and there really is a difference. Since I'm living off campus this year, I can't just call up my friends to meet up at the Student Center," says Evan Ausich '16. "I also think that living on campus is more distracting because you do have access to people 24/7. Hanging out with friends and other distractions are always a temptation that many do not need or want." Another part of living on campus is the inability

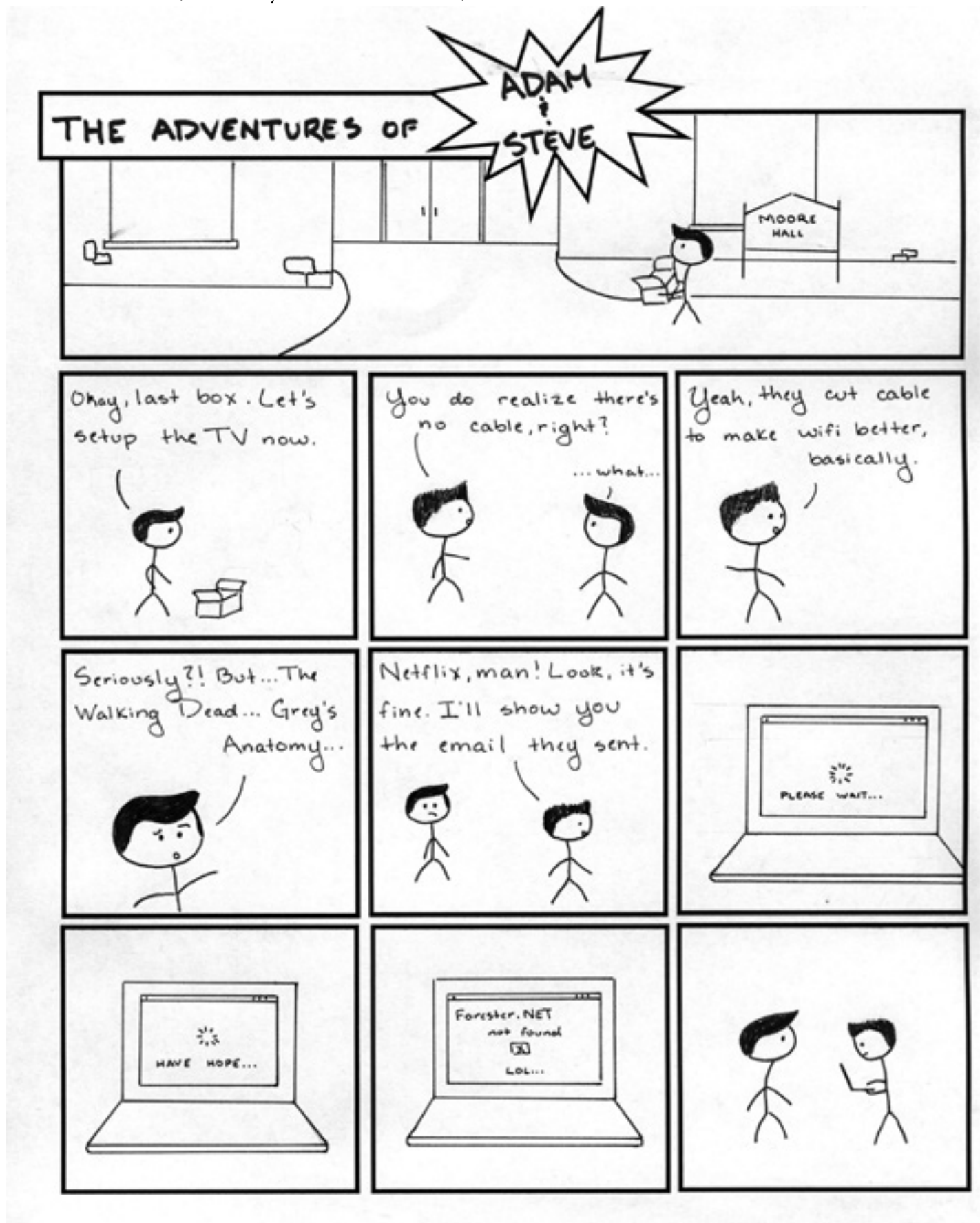
to see your loved ones or friends from home. "I would commute if my home weren't so far away. I don't see my family as often as I would like to because there's no way for me to go home regularly," says Bernie Facio '18. As someone who also has both commuted and lived in a residence hall, I have to agree. You really do miss out on a lot because you are not around for any parties, ACPs, or campus events. I personally prefer living in a residence hall because of the ability to come and go as I please, as well as being in close proximity to my friends. Being able to hang out with friends at four in the

morning without someone questioning my whereabouts is sometimes fairly appealing. Overall, it comes down to personal preference. Commuting takes a special kind of dedication to drive through pouring rain, whiteouts, sleet, and slush. Long drives on a daily basis are not for the faint of heart, but neither is living in a residence hall. Loud parties and God-awful bagpipes harkening the morning light and impending football games are not for everyone, either. But one way or another, people will be able to find a niche on campus and, like everyone else, adapt.



Adam and Steve look at technology at LFC

The Adventures of Adam and Steve, created by Samantha Miller '17, is a recurrent satirical comic about events at Lake Forest College.



Gluten-free? Are you kidding me?

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It has come to my attention that some people on campus believe in a gluten-free diet, and the Lake Forest College Caf is even trying to make accommodations for this diet.

However, the gluten-free diet is a huge fad that has swept over the nation, and the thing about fads is that no one really does any legitimate research on them.

Xander O'Grady '17 commented, "I do not really know what gluten is, but we need more rabbit food in the Caf," and he was not the only one who has no idea what gluten is.

Gluten is a protein found in bread that gives the dough its stretchy glue-like properties.

I knew from the start that this was another ridiculous diet because my uncle and cousins have

celiac disease, which causes excessive bloating due to an improper immune response to gluten. Someone would definitely know if they had this disease, because the bloating is very noticeable.

There has been a small amount of people that do not have this disease but still experience the symptoms of it – bloating, diarrhea, and cramps, for example. But if you do not suffer from these or similar diseases, then there is little to no evidence supporting claims that a gluten-free diet has certain health benefits such as fewer calories or being more natural.

In fact, avoiding gluten products, such as whole grain breads, can lead to nutrient deficiencies if one does not get those nutrients from somewhere else. Also gluten-free foods usually have a higher fat and sugar content, the diet could be harmful.

My cousin and uncles are grateful for this

fad, however, because the high demand it created for gluten-free foods makes it easier for them to find food that suits their needs and also gives them a more versatile diet.

On the other hand, Jack Hirsch '18 said, "What is with all of this gluten-free stuff? I want more gluten in the Caf, extra gluten!"

The market is preying on the ignorance of people following this diet. I went to the Jewel in town recently and noticed that many products have gluten-free stickers on them as a marketing strategy designed to grab the consumer's attention.

This is why I felt the need to inform Lake Forest College students that the gluten-free diet is a sham and you should all save your money for gluten-filled pizza on Saturday when the Caf is closed.

Garrick Players' '24 Hour Playfest'

A 24/7 Heaven for Thespians

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Garrick Players hosted their annual 24 Hour Playfest on Saturday, September 18 in Hixon Theater.

The 24 Hour Playfest consists of students auditioning for an acting part the night before the show, then following auditions, the writers write all night for actors coming in at 8:00 a.m. to a full script. These actors rehearse all day until 8:00 p.m. and put on a show!

This year's Playfest consisted of four plays, all written, acted, and directed by Lake Forest College students. The genres included comedy, mystery, and thriller.

The show opened with a play titled "1-800-Mile-High," which was co-written by twins Celia and Laura Woldt '18. Paris Burton '19 played the light-hearted phone operator obsessed with magical penguin documentaries. Susie Delegeane '19 played the phone operator who has been working at the same workplace for far too long. Answering calls and booking flights took a unique twist

when a mysterious ringing third line revealed they ran a sex-phone line on the sly.

The atmosphere changed when the second play of the night began: "The Emerald," written by Battle Kenney '18. The stage lighting was dark. We heard the fretful voices of Kayleigh Day '19 and Olga Gutan '19 begin their lines. The two acted out their parts of being in a room together with nothing but a phone. Kayleigh used the phone's cord to choke Olga until she became unconscious. It was eventually revealed that Kayleigh was part of a jewel heist and was using Olga for information on an expensive emerald.

"How to Get Away With Murder" (not affiliated with Shonda Rhimes) was a "who done it" featuring three museum employees, Ryleigh Hughes '19, Sarah Lomas '17, and Joe King, a high school student. The play hilariously revealed that all three of the employees took part in a murder.

Rebecca Howell '17 was inspired to write the play since she reads "a lot of detective fiction" and wanted to write a murder mystery for the 24 Hour Playfest.

Recognizing the limitations of



Photo by Ashley Lamarre

only having 24 hours to create a play, Rebecca said she "tightened up a lot of the jokes and characterizations." She also brought up the valuable point of writing a script "manageable for actors to memorize in a single day."

The show ended with a bang: Austin Curren '17 wrote a play called "Phone Shyt" which had the crowd in hysterics with a power acting sibling duo of Jenna Madeley '16 and Tyler Madeley '18. This play included character switches, a philosophizing talking phone (voiced by Austin), and a mom with a "dope ass lifestyle." Jenna is no newbie to acting on campus, but says she was happy to share her "passion of the theater with him." Something audience members might not have known while busting a gut, and even Jenna herself didn't know until the morning of rehearsals, was that the writer himself had his appendix removed that same week, but that still didn't keep him away from Playfest!

The Junior and Plundhy Show

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What are you doing from 9-10 p.m. on a Tuesday night? I'll tell you what you could be doing, listening to the Junior and Plundhy Show on 88.9 WMXM. Mariano Garcia Jr. '18 and Tyler Armentrout '18 are Junior and Plundhy, respectively, and they air one hour of the best soul, jazz, and funk rock they can find just for you. Their show starts with its own theme song that consists of random snippets from pop culture over the song "I" by Kendrick Lamar. While a lot of the show is the music, they also take the time to call various establishments using a

soundboard with celebrities voices cued in. Also, they have characters that often call in during their show. One such character is Big Willy, a security guard who used to protect the one and only Cher. Big Willy even dated Cher and on one of the shows, Cher called in. To prove this, the guys turned me to their Sound Cloud (The Junior and Plundhy Show) where they have all of their shows recorded, so if you ever want to listen to something again or catch up, you can. On the Sound Cloud, they include the prank calls and character conversations along with some made-up commercials they did for some of the characters. When asked why they do the shows, DJ Plundhy says, "It is a release from my schedule and everyone wants to be a rock star. It is about getting that out and I am an avid Howard Stern fan." DJ Junior agreed, saying, "Yea, it is a

release of stress and a chance to relax and play good music that makes people happy. I am a fan of Jimmy Fallon, too." Intrigued by their DJ names, I had to ask where they came from. "I am named after my dad and my family calls me Junior. I want to bring that with me to remind myself where I came from," said Junior. "Ethical, moral reasons," Plundhy commented before telling his name's backstory. "The word assplundhy. It was the name of a business I saw on the side of a truck when I was with some friends. It was an inside joke I had with them, but I thought it would make a good DJ name, not including the ass part for obvious reasons." The DJs did mention that they have a heavier schedule this year, but they plan to bring the same passion from last year into this year. Don't have a radio? The DJs recommend the app TuneIn, which allows anyone to listen from anywhere.

Chicago Art Expo



(Left) Ashley Ackerman, Right/Below Kelley Nugent

Lake Forest College Art Institute Day



Photos by Kelley Nugent

Lake Forest College *Stentor*

Eat like the gods

Calling All Foodies

ANGELENA DALPORTO '18

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Need a place to eat the next time you're in the city? Make sure to check out Goddess and the Baker! Recently opened, this cute café has a chill atmosphere about it making it the perfect midday stop. When you walk in, there is a relaxing vibe that surrounds the small café. With its long countertops and tables, it's perfect for conversations and a shared dining experience with those sitting next to you. With a variety of treats, this place has something for everyone, from sandwiches to pastries and teas to wines. This place serves breakfast, lunch, and dinner, or what I call the trifecta. With countless options at reasonable prices, there is something

new to try every time. Goddess and the Baker's casual setting adds a hip factor to their dining. This affordable food will give you a break from the normal grub (no offense Aramark). Plus, it can be difficult finding decently priced meals in Chicago that are also tasty. For the over-21 crowd, beer and wine are served along with various coffee drinks, catering to all ages. Not only is the food delicious, but the service is nothing but friendly and efficient, making the experience that much more enjoyable. When you first walk in, the desserts and menu can be overwhelming. For your first trip, I highly recommend the Santa Monica turkey sandwich and a slice of their rainbow cake, which is not to be missed! Roughly a 15-minute walk from Ogilvie Transportation Center, it is perfectly located in The Loop at 33 S. Wabash (left onto Madison then a right on Wabash), making it an easy stop before or after a day at Millennium Park. Goddess and the Baker is fast, affordable, and most importantly, insanely good. Even if you don't end up eating there, you should still pop your head in



and check it out because it is a very "instagrammable" spot. I enjoyed my experience at Goddess and the Baker and I think you will, too.

Hours are: Monday-Friday 7 a.m.-8 p.m., Saturday 8 a.m.-8 p.m., Sunday 8 a.m.-6 p.m.

If this doesn't sound like your scene, but you're still craving some good food, check out Wingstop. Not as rare as Goddess and the Baker, they do help you fill that classic wings craving. With abundant locations in the city, including: Division, Clark, Harrison, and Halsted, you can order

something new every time you go. With options from Teriyaki to Atomic, you can work your way up the spicy flavor food chain. If you're not a fan of hot but still want a little kick, I recommend the boneless hickory-smoked bbq with fries. This place is open late and perfect to refuel on a long night out and is completely affordable with combo meals around \$11. There's a bit of a wait for food, but then again perfection takes time. Make sure to find a Wingstop close by when visiting the city next or even in a local suburb.

Photos by Angelena DalPorto



Songs That Suck: Yet I'm in Love!

Mindless Self Indulgence's Let's Get Pink

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Synth-punk gangsters Mindless Self Indulgence have dropped a new EP and it's called Pink. Comprised of "Lost Tracks" from between 1990 and 1997 including covers of both Duran Duran's Girls on Film and Depeche Mode's Personal Jesus, Pink is what Mindless was going to be before it became what it is. The whole thing was produced in the last year or so, all by MSI's front-man Jimmy Urine. Since these songs were written and originally recorded, Jimmy's been through five Mindless albums, two albums with his side project The Left Rights, a video game soundtrack, and thousands of days on the stage. He's grown up, and the best piece of evidence for this growth is this album's version of Bed of Roses. Bed of Roses is a classic track as far as fans of the band are concerned, coming off of Jimmy Urine's 1995 EP that the band takes their name from. Bed of Roses was the only track that sounded anything like what Mindless was going to become, and listening to it yesterday it didn't sound bad. Listening to it today, it sounds terrible. It's noisy, the mixing is poorly done, and the tracks are so fuzzy you can't tell what's synth, what's guitar, and what's drum-machine. In the mix off of Pink, you have real drums, new gui-

tar tracks, and new mixing. The track volumes are appropriate, the lyrics can be heard over the instrumental, and if something sounds fuzzy it's because it's supposed to.

I rate Pink an 8.5/10

I had my friend Carson, a guitar player, listen to a few tracks and give his thoughts.

(Be Like Superman) "I'd like this if I was in a club. Who is this?" "It's too much energy for me. I think it could, like, get you going though. It reminds me of, like, older EDM."

(Bed of Roses) "I like this song. The (more electro-techno-aspects) kinda ruin it for me, though. Yeah."

(Personal Jesus) "Ehh, it's not my thing. I don't like the punk-rock voice, I hate it. The whole, like, young man that this voice—there's a lot of people with the same style, like Green Day, and I think there are some great songs with it, but, to be honest it's just not my thing. Like, I think Tyler Bates does it really well, but it's not my thing. I dunno."

Carson's rating: 5/10

"I half liked it."

Next to bat was Alphonse, a cross-country runner.

(On Personal Jesus) "It sounds like one of those Saturday Morning Cartoon theme-songs, like...



Power Rangers!"

(On Bed of Roses) "I don't know what I think. I don't usually listen to this kind of music. At the beginning I thought it was gonna make me think, but then it turned into a punk-rock thing."

(On Be Like Superman) "Very inspirational. Makes me wanna be a boss."

Alphonse's rating: 4/10

"If I were making an action movie or something like that I'd probably use this music, but it's not something I'd listen to."

If you don't like Mindless Self Indulgence, and you don't care about music production, you won't like Pink. If you do? What are you doing reading this? Pink just came out, and it's right up your alley.

Cameron Chamberlain is the mind behind Clubbed to Death with Dr. Dandy, Midnight to 2 AM Tuesday Mornings on WMXM 88.9

Disclaimer: All stories in *The Chive* are works of fiction. People involved in the stories may not have knowledge of their involvement. A Chive is like an Onion, only smaller.

Your mom definitely heard that party in the background

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The *Stentor* has just received insider information that yes, in fact, your mom could absolutely tell you were not in the library last night. Without revealing any names, this reporter can confirm that there is no way your mother was fooled by your talk of “papers,” “study groups,” and “just being really busy this week.”

When asked, your mom revealed she first suspected you were not being entirely honest with her when she “heard that awful song about horse whips in the background.” For clarity, it is this reporter’s belief that your mother is referring to “Watch Me (Whip/Nae Nae)” by Silento. Your mother’s suspicions were confirmed when she heard the bouncing of a ping-pong ball in the background, as well as the

shouts of “Shots! Shots! Shots!” She said, “At first I thought they were saying ‘Plots!’ and I was so excited that [NAME REDACTED] might be adding an English minor.”

The *Stentor* understands that this is going to be a difficult time for you and your family, so we would like to offer some tips for the next time you talk to your mom while at a party:

1. Leave the room. Literally go to the bathroom. Why were you answering any kind of telephone call in the middle of a party?
2. If you cannot leave the room, ask your friends to quiet down. They should not be moving forward with the beer pong game without you anyway, so have everyone take a break from binge drinking while you check in with the family.
3. Just say you are at a party. Why are you still lying to your mom? I just spoke to

her for this article, and she seems pretty cool. I’m sure she would understand if you called her back later because you’re busy turning up.

I am obligated to remind you to call your mother. She got the TV stuck on HGTV and, while she is not unhappy with this, she is worried about getting to *Downton Abbey* when the new season starts. She also told me to ask if you need anything, specifically: fruit snacks, notebook paper, a new sweater? She wonders if your room is warm enough and if you have gotten any grades back.

What did you eat for dinner? Do you want her to send you some TUMs like she did last year?

To get more information on how to avoid a similar situation in the future, the *Stentor* recommends the children’s book *Don’t Tell Lies, Lucy!: A Cautionary Tale* by Phil Roxbee Cox, as well as a hearty dose of *NotGoingOutOnAMonday*. Now go call your mom.



Archaeologist dates the Caf’s grilled cheese to 602AD

ASHLEY LAMARRE '18
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Members of the Archaeological Institute of America have come from all over to investigate an artifact found in Lake Forest College’s very own cafeteria: the “grilled cheese.”

If you regularly visit the Gus and Margie Hart Dining Hall to preserve your Flex for the end of the year (which if you don’t, you should, trust me), you know that there are some foods that the cafeteria offers on a daily basis.

Some of these foods include salad, French fries, al dente pizza (oh you didn’t want it to a crisp?) and the newly-discovered-to-be-an-artifact, grilled cheese.

Now according to recipes. howstuffworks.com, grilled cheese came to be in the 1920s, known then as “toasted cheese

or melted cheese sandwiches.”

Yet the cafeteria serves this “delicatessen” so frequently that you might be thinking, did Aramark discover these sandwiches in a box of endless rations from the Byzantine-Sassanid War?

Though the convenience of grilled cheese is that it is considered “cheap,” “nutritious,” as well as filling (as it possibly fed the Byzantines, only the archaeologist will really know), students like Jaime Harris ’18 take issue with its satiability.

Jaime says that “the grilled cheese is never satisfying when I want it. Not melty enough.” If you’ve experienced the grilled cheese first hand, you know that it lacks the gooey quality you might witness in a Kraft singles commercial. Jaime suggests that the Caf discontinue serving these questionable grilled cheeses and instead adopt food from this century.

Lily Collins ’18, like many others, only indulges in Lake

Forest College’s grilled cheese variety to “compliment the tomato soup.” Nonetheless, even then, Lily “gravitates to the plain bread over the grilled cheese” due to its “edible consistency.”

Miko Delacruz ’18 has been working closely with the team of archaeologists to provide an outsider’s perspective on the grilled cheeses’ taste, consistency, and overall appeal. Miko’s research has concluded that the worst part of the grilled cheese is the “aftermath. I’m afraid the cheese and I just don’t agree with one another.”

While many students agree that grilled cheese is a staple of the Lake Forest College dining experience, any student who has walked past the hot line enough times might feel that our grilled cheese is way past its prime.

1400 years past, in fact.

Though, in reality, does processed cheese even have an expiration date? That’s between Kraft and the archaeologist.



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Foresters gain valuable experience at the 2015 BMW Championship

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Thursday, September 17th through Sunday, September 20th was the BMW Championship at Conway Farm Golf Club in Lake Forest. It was the third event of the FedEx Cup before the tour's Championship. Two qualifying events, The Barclays in New York and Deutsche Bank Championship in Boston, were held before the BMW Championship, which took place less than five miles from Lake Forest College's campus.

Various Lake Forest College teams—including golf, swim, and hockey team, among others—were asked to volunteer at the event. They worked in the concession stands, taking drink and food orders for the golf fans in order to fundraise for their spring break trips. The Lake Forest College students also received free tickets to use the days in which they volunteered. It was a great break from the action after they finished volunteering for the day.

Matt Pochowicz '18, a Lake Forest College golfer, said his favorite part about volunteering was "still being able to watch the tournament because the concession stand was overlooking

the 14th hole. Also, all of the pro golfers walked by the stand at some point."

Durham Ghelfi '18, one of

world and trying to learn from them. Jason Day, Rory McIlroy, Dustin Johnson, Jordan Spieth, Rickie Fowler, and Phil Mickelson were all

Pochowicz liked Jason Day best.

"Jason Day was my favorite person to watch because he plays the best golf out of anyone right now and is really precise with his driver. He is the world's number one player," Pochowicz said.

When asked if they got signatures from either of the pros they liked watching, they shook their heads.

But Pochowicz didn't leave empty-handed: He got Tony Finau's signature on his free ticket.

The Foresters agree the BMW Championship was a great opportunity to volunteer, especially for the golf team members, who all walked away with a win for their experience.

Jason Day, the winner of the BMW Championship, walked away with over \$1 million and became the number one player in the world rankings.

The BMW Championship won't return to Lake Forest for another two years because it rotates courses every year. Looking for volunteer opportunities like this is always a great way to help athletes in their respective sports get experience to help better themselves in their next season.



Pictured: Durham Ghelfi '18 and Davis DeKorte '18
Photo by: Matt Weidner

Pochowicz's teammates, and Pochowicz agreed that their favorite part of not working at the championship was being able to watch the best golf players in the

in attendance, among other pros.

"My favorite player to watch was Dustin Johnson because he hits the ball so far, which is fun to see," Ghelfi said.

Stentor
Reunion
Open House

October 9
3:00pm -
5:00pm

Stentor Office,
Deerpath
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Lake Forest College

Stentor

All supporters and fellow editors and writers of the Stentor are welcome to attend this Open House.

Come tour our office, enjoy complimentary refreshments, and meet the 2015-2016 Stentor Staff.

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Lake Forest College *Stentor*

Forester soccer off to a strong start to the season

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The Lake Forest College men's and women's soccer teams both have started out this season with more wins than losses. The men have a record of 5-1, while the women have a record of 4-2-1.

The Forester men started off the season with a hot start, winning their first four games before falling to Benedictine University at home. In the first four games, the men outscored their opponents 18-6. The women also started off strong in their first two games, winning both of them and outscoring their opponents 12-0.

As both teams headed to St. Louis for a weekend trip, the men were set to take on Webster University and Fontbonne University, while the women played Webster and Evangel University. The men won

against Webster with a double-overtime penalty kick goal by forward John Cappuccitti '18 to win the game 3-2. The next day against Fontbonne, the Foresters scored five goals to come away with the 5-3 win.

The Forester women received their first loss of the season against Webster University, falling 2-1 by a late Webster goal. They bounced back the next day winning 5-2, featuring a hat trick from Michelle Greenway '16, to finish the weekend going 1-1.

"The trip to St. Louis was great. We were able to win both games as well as hang out as a team away school," said men's forward Rhys McIntyre '18.

Both teams, however, recorded a loss in each of their next games. The women fell to Milwaukee School of Engineering (MSOE), while the men lost to Benedictine. Both losses were by just one goal, with the women losing in overtime. The rainy

game at MSOE included goals from Lindsay Hartup '17 and Molly Major '19. Against Benedictine, the men's game featured goals from Ellis Rutili '17 and John Cappuccitti '18.

To conclude the first part of the season, both teams took on Ripon College, with both teams taking home big wins. The women won 4-1 and the men won 6-1. For the men, Finn Bunta '18 scored the first two goals in the first half of the route, while for the women, Michelle Greenway '16 scored another hat trick.

Greenway leads the women's team in goals so far, accounting for nine of the team's 25. The senior forward is well on her way to lead the team in goals again this season for her fourth straight year. Sam Hillis '16 leads the team in assists with five. On the men's side, John Cappuccitti '18 leads the team in goals with six already in the season, followed closely by Ellis Rutili '17,



Pictured: John Cappuccitti '18
Photos By: Matt Weidner

who has five. Ellias Ingram '18 leads in assists with five. "Our goal is to improve as a team every game, so we can make it back to the NCAA's at the end of the season," said women's midfielder Abby

Carlson '18. On Saturday, September 26, the teams were scheduled to travel to Galesburg, Illinois, to take on Knox College.

Meet new coach Andrew Rauen

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This school year, the Foresters welcomed a new team member. Andrew Rauen, a Highland Park native, joined the staff as the new facilities assistant and strength and conditioning coordinator.

Rauen was, of course, an athlete throughout his life. Playing primarily football and track and field, with a bit of basketball during his high school years, Rauen continued his journey of playing football at the Division I level at Ohio University, which is located in Athens, Ohio.

From 2013 to 2014, Rauen worked at Northwestern University where he completed a strength and conditioning internship. At McKendree University in Lebanon, Illinois, for almost two years, Rauen worked in a similar strength and conditioning role.

"During that experience, I was able to coach millions of movements," Rauen said. "With a student-athlete population of over 700, I was able to work with a wide range of body types that had vastly different needs. My ability to identify movement dysfunction and apply corrective measures was sharpened. Outside of the weight room, I became a stronger

and more diverse administrator."

Following his work at McKendree University, Rauen jumped on the opening facilities assistant and strength and conditioning coordinator position at Lake Forest. Rauen said he "always kept an eye on opportunities in the Chicagoland area."

Rauen knew from the start that he wanted to get involved in strength and conditioning. Since his internship at Northwestern, Rauen was lucky enough to gain more experience in the field at the collegiate level.

"I have always had an interest in strength and conditioning. I imagined it would be a vital part of my career choice, but never

was sure in what capacity," he said.

Lake Forest College welcomed Rauen to the Forester Family before the fall semester began. The new coach had no problem fitting in at Lake Forest College, because he is "surrounded by great people who have made the transition seamless," Rauen said.

Although it hasn't been a full month of school, Rauen is looking forward to "working with the student-athletes to create a positive and meaningful weight room culture." His favorite part about training student-athletes is their energy.

"Our intensity and weight room energy has been fantastic," he said,

noting that Forester athletes work hard on and off the court, field, and ice, which will lead them in the right direction toward success. He will continue to push Forester athletes to be the best they can be.

Besides working daily with student-athletes, Rauen also has duties with other faculty and staff members. His favorite part about working at the college is the staff.

"The coaches and athletes have been great to work with. Every day they challenge and push me to be the best coach possible," he said.

**Pictured:
Strength
and Con-
ditioning
Coach
Andrew
Rauen
(2nd row,
3rd from
right).**

